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25. The treadmill of claim 12, further comprising:

a first side hand rail extending along at least approximately all of a first side of a usable area of a surface of the platform; and

a set of user controls positioned on the first side hand rail. 5

26. The treadmill of claim 20, further comprising means for acquiring physiological data from the user, wherein the means for operating the varying resistance device further adjusts the resistance of rotation of the belt based on the physiological data. 10

27. A treadmill comprising:

a platform;

a belt located around the platform;

means for rotating the belt around the platform to create an endless surface on which a user exercises; 15

means for detecting a lengthwise position of the user along a length of a usable surface of the platform;

means for acquiring physiological data from the user; and

means for dynamically adjusting rotation of the belt based on the lengthwise position of the user and the physiological data. 20

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